

Feeding Foundations

A COMPLETE GUIDE TO COMFORTABLE,
CONNECTED BREASTFEEDING FOR
MOM AND BABY



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Where heart meets rest

COMFORT FOR BOTH MOM AND BABY CREATES CONNECTION WITHOUT TENSION. FOLLOW THE HEART GUIDE TO POSITION BABY AND THE REST GUIDE TO POSITION MOM

H HEAD NEUTRAL OR SLIGHTLY EXTENDED

E EAR, SHOULDER, & HIP IN ALIGNMENT

A ASYMMETRIC LATCH WITH CHIN TO BREAST FIRST

R RELAXED AND SUPPORTED

T TUMMY TO TUMMY

R RAISED HIPS

E EVEN FEET OR ELEVATED KNEES

S SUPPORTED SPINE

T TENSION FREE SHOULDERS

Nursing Positions

	Mom Position	Baby Position	
Cradle Hold	<p>Sit with your back supported with a natural lumbar curve. Use pillows or a nursing pillow to support your arms. Keeping shoulders relaxed and tension-free while holding baby in proper position.</p>	<p>Baby is supported with the same arm as the feeding breast. Use your forearm to support baby's body and the opposite hand to support your breast or guide baby's back and neck—leaving the head free to tilt slightly back. Aim nipple to nose, wait for a wide gape, then bring baby in chin first, allowing the nose to clear naturally.</p>	
Semi-Reclined	<p>Recline comfortably in a chair or bed with plenty of pillow support. Use a pillow or rolled towel to support the natural curve of your neck. Keep knees bent with feet flat or place a pillow under them to reduce strain on your lower back.</p>	<p>Lay baby on your bare chest, skin-to-skin if possible, tummy against you like a puzzle piece. Baby will instinctively root and crawl to the breast—give them time. Support baby's bottom or sides with hands, pillows, or rolled blankets. Keep head free, slightly extended, with chin close to breast and nose clear. Avoid pushing the head; gentle back or bottom support is enough.</p>	
Cross-Cradle	<p>Sit with your back supported to maintain a natural lumbar curve. Use pillows or a nursing pillow to support your arms, keeping shoulders relaxed and tension-free while holding baby in proper position.</p>	<p>Support baby on a nursing pillow or the forearm opposite of the feeding breast, with hips flexed in your elbow. Use the hand to support baby's neck and back; same-side hand can support your breast. Baby lies tummy to tummy, with ear, shoulder, and hip aligned. Neck slightly extended, chin touches breast first to encourage a deep, asymmetric latch.</p>	
Side-Lying	<p>Lie on your side with your head, neck, and spine aligned using a supportive pillow. Place a pillow between your knees and ankles, and use a rolled towel or small wedge under your waist or back for added support if needed.</p>	<p>Lay baby on their side on a firm, flat surface with tummy facing yours and body in a straight line. Align baby's nose with your nipple to encourage a slight head tilt and chin-first latch ("sniffing the flowers"). Use a rolled blanket behind their back for support. Avoid pushing the head, which can cause resistance or a shallow latch.</p>	

6 Simple Steps to Help Baby Latch Well

A CLEAR AND GENTLE GUIDE TO POSITIONING YOUR BABY FOR A COMFORTABLE AND EFFECTIVE BREASTFEEDING EXPERIENCE — ROOTED IN CONNECTION, NOT PERFECTION

Line it up: Keep baby's ear, shoulder, & hip in a straight line — this helps baby stay in a neutral position to support swallowing and effective suckling.

Belly to belly = heart connection: Roll baby's tummy toward your tummy so their whole front is facing you. This helps them stay close and reduces the need to twist their neck or body.

Hug the breast: Avoid tucking baby's arms or swaddling for feeding. Allow them to encircle and "hug" the breast to draw close.

Think "sniff the flowers:" Baby's head should be neutral or slightly tilted back, like they're sniffing a flower. Avoid tucking the chin in — this gentle extension encourages a wide-open mouth for a deeper latch.

Hips flexed, chin leads the way: Hold baby with hips tucked/flexed, bringing chin to breast first — this helps activate their natural gape reflex, naturally leading to a better latch.

Support and freedom go hand in hand: Make sure baby's upper back is well supported, but allow their head to remain free. This gives the freedom to tilt, gape, and self-latch instinctively. Baby should be supported at the level of the breast. Use firm pillows, if needed, for the greatest comfort.



Mom Matters Too, Set Yourself Up Well

SUPPORT YOUR BODY TO SUPPORT YOUR BABY
—GENTLE, PRACTICAL GUIDANCE FOR MORE COMFORTABLE FEEDINGS
IN EVERY POSITION

Sitting in a Chair



Keep your shoulders relaxed and support arms with pillows. Use a small towel behind your low back for support. Sit so your hips are level with or slightly above your knees. If legs are down, keep your feet flat and thighs supported. If legs are elevated, use a pillow or blanket under your knees to ease pressure on your back.



Sitting Without Back Support

Relax shoulders and support arms with pillows or a baby carrier. Hips should be even with or elevated above the knees.

Floor Sitting

Sit with your back against a wall or couch for support. Keep shoulders relaxed and arms supported with pillows. Elevate hips by sitting on a cushion, pillow, or folded towel to reduce strain.



Standing While Nursing

Use a baby carrier or support arms on a counter—avoid lifting baby with shoulder effort alone. Position baby so they can easily reach the breast without mom needing to hunch forward. Stand with feet hip-width apart; evenly distribute weight. Option: prop foot on the feeding side for extra support.

Side-Lying Position

Use a pillow under your head/neck to maintain neutral spine alignment. Add support behind your back to stay stable. Place a pillow between knees and ankles to align hips and distribute pressure.



Meet the Experts

TWO MAMAS, ONE MISSION:
TO SUPPORT YOU IN ALL STATES, STAGES AND SEASONS



KRISTA CASSEL, CPNP-PC, IBCLC

Krista is a Pediatric Nurse Practitioner and International Board Certified Lactation Consultant with a Doctorate in Nursing Practice from the University of Kentucky, a wife and mom of three. She is the owner and founder of Gratitude and Grace Lactation, a compassionate virtual practice supporting families through the beautiful—and sometimes challenging—journey of breastfeeding. Krista's mission is to educate, empower, and uplift families with expert care rooted in gratitude, grace, and encouragement. Whether you're preparing to breastfeed, facing unexpected challenges, or simply need someone to walk beside you—she's here, with gratitude and grace, every step of the way.

AMANDA RABIN, PT, DPT

Amanda is a Doctor of Physical Therapy, Certified Athletic Trainer, Army wife, and mom of three. She is the founder of the Everyday Ergonomics for Working Moms podcast and a virtual ergonomic coach helping moms move through motherhood with less pain and more ease. With over five years of clinical experience and a heart for serving mothers, Amanda supports women in reducing pain, preventing burnout, and feeling better in the bodies they mother in—through simple, real-life strategies for everyday moments like nursing, lifting, working, or winding down at bedtime.



Gratitude & Grace Lactation

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